

IDAHO CONTENT STANDARDS
HEALTH

Standard 1: Healthy Lifestyles

Goals:	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7-8	Grade 9-12
Goal 1.1: Acquire the essential skills to lead a healthy life.	K.H.1.1.1 Describe exercise. (769.01.a)	1.H.1.1.1 Identify the difference between exercise and stretching. (778.01.a)	2.H.1.1.1 Describe the concepts of fitness and wellness. (787.01.a)	3.H.1.1.1 Recognize the importance of fitness for overall wellness. (796.01.a)	4.H.1.1.1 Describe the influence of rest, food choices, exercise, sleep, and recreation on a person’s well-being. (805.01.a)	5.H.1.1.1 Explain the importance of an active lifestyle leading to life-long health. (814.01.a)	6.H.1.1.1 Identify the influence exercise has in developing a healthy system. (823.01.a)	7-8.H.1.1.1 Identify the components of physical fitness. (832.01.a)	9-12.H.1.1.1 Assess the benefits of proper nutrition and regular physical activity on the health of humans throughout the life cycle. (841.01.a)
	K.H.1.1.2 Recognize the role of germs in spreading disease. (769.01.b)	1.H.1.1.2 Tell how germs are spread and describe how the body fights diseases. (778.01.b)	2.H.1.1.2 Recognize body signals that indicate sickness or wellness. (787.01.b)	3.H.1.1.2 Describe diseases and disorders. (796.01.b)	4.H.1.1.2 Identify characteristics and causes of diseases and disorders. (805.01.b)	5.H.1.1.2 Describe characteristics and causes of diseases and disorders. (814.01.b)	6.H.1.1.2 Identify prevention, causes, and treatment of diseases and disorders. (823.01.b)	7-8.H.1.1.2 Identify the prevention, causes, symptoms, treatment, and consequences of diseases and disorders. (832.01.b)	9-12.H.1.1.2 Assess how personal health issues change during life (puberty, aging, disability, serious illness/injury). (841.01.b)
	K.H.1.1.3 Recognize safety signs and procedures at home, school, and around the neighborhood. (769.01.c)	1.H.1.1.3 Identify safety procedures. (778.01.c)	2.H.1.1.3 Identify the rules and procedures for safe living. (787.01.c)	3.H.1.1.3 Identify and practice rules and procedures for safe living. (796.01.c)	4.H.1.1.3 Recognize a safe environment and demonstrate readiness skills that deal with emergency situations. (805.01.c)	5.H.1.1.3 Describe basic first aid and safety rules. (814.01.c)	6.H.1.1.3 Demonstrate and be able to apply basic first aid and safety rules. (823.01.c)	7-8.H.1.1.3 Demonstrate knowledge of basic first aid and injury prevention. (832.01.c)	9-12.H.1.1.3 Evaluate the psychological, social, emotional, and physical implications of human sexuality in developing and maintaining a responsible and healthy lifestyle. (841.01.c)
	K.H.1.1.4 Describe how each person experiences a variety of feelings and moods. (769.01.d)	1.H.1.1.4 Explain a variety of emotions and understand that they can be managed successfully. (778.01.d)	2.H.1.1.4 Identify personal emotions, how they are expressed, and appreciate the consequences of behavior choices. (787.01.d)	3.H.1.1.4 View each person as a unique and special human being whose behavior can enhance or detract from a group, family, or community. (796.01.d)	4.H.1.1.4 Identify the range of emotions experienced and the connection between our minds and bodies. (805.01.d)	5.H.1.1.4 Identify emotions that accompany physical growth and development. (814.01.d)	6.H.1.1.4 Describe emotions that affect personal health. (823.01.d)	7-8.H.1.1.4 Explain the relationship among mental/emotional, physical, and social health as a basis for wellness. (832.01.d)	9-12.H.1.1.4 Demonstrate knowledge and concepts of basic injury prevention, emergency care, and crisis management procedures. (841.01.d)
	K.H.1.1.5 Differentiate between helpful and harmful drugs. (769.01.e-1)	1.H.1.1.5 Differentiate between over-the-counter and prescription drugs. (778.01.e)	2.H.1.1.5 Identify tobacco, alcohol, medicines, and other drugs. (787.01.e)	3.H.1.1.5 Identify reasons why drugs and medicines are misused and abused. (796.01.e)	4.H.1.1.5 Identify substances, their use, and abuse. (805.01.e)	5.H.1.1.5 Identify the effects of substances and their use and abuse. (814.01.e)	6.H.1.1.5 Identify the choices and consequences related to abuse of alcohol, tobacco, and other drugs. (823.01.e)	7-8.H.1.1.5 Recognize the impact of substance abuse on personal health. (832.01.e)	9-12.H.1.1.5 Identify and evaluate the prevention, causes, symptoms, treatment, and consequences of diseases and disorders. (841.01.e)
	K.H.1.1.6 Identify medicines/drugs, their safe use, and safe places. (769.01.e-1)	1.H.1.1.6 Explain how the use of known and unknown substances can be hazardous. (778.01.f)	2.H.1.1.6 Explain the reasons for wise food selection. (787.01.f)	3.H.1.1.6 Identify the relationship between nutrition and well-being. (796.01.f)	4.H.1.1.6 Identify the nutritional benefits of different foods. (805.01.f)	5.H.1.1.6 Identify the strategies for developing healthy eating habits. (814.01.f)	6.H.1.1.6 Apply strategies for developing healthy eating habits. (823.01.f)	7-8.H.1.1.6 Identify how food choices affect health. (832.01.f)	9-12.H.1.1.6 Assess environmental and other external factors that affect individual and community health (public health policies, governmental regulations, research). (841.01.f)
	K.H.1.1.7 Differentiate between healthy and unhealthy foods. (769.01.f)	1.H.1.1.7 Recognize a nutritional diet is necessary to maintain a healthy body. (778.01.g)	2.H.1.1.7 Identify physical characteristics of growth and development. (787.01.g)	3.H.1.1.7 Explore how the body changes as one grows. (796.01.g)	4.H.1.1.7 Recognize growth and development as a life-long process. (805.01.g)	5.H.1.1.7 Recognize factors that affect growth and development. (814.01.g)	6.H.1.1.7 Identify the functions and characteristics of the major body systems. (823.01.g)	7-8.H.1.1.7 Label the major components of each body system and identify the relationship to overall health. (832.01.g)	
	K.H.1.1.8 Identify body parts. (769.01.g)	1.H.1.1.8 Describe how a person can take care of different body parts. (778.01.h)	2.H.1.1.8 Explain ways family membership changes. (787.01.h)	3.H.1.1.8 Adjust to family changes in healthful ways. (796.01.h)	4.H.1.1.8 Describe the role of families and friends have in affecting our health. (805.01.h)	5.H.1.1.8 Identify environmental health issues and their relationship to a healthy lifestyle. (814.01.h)	6.H.1.1.8 Discuss and evaluate the importance of healthy relationships. (823.01.h)	7-8.H.1.1.8 Analyze the importance of healthy relationships. (832.01.h)	
	K.H.1.1.9 Describe the family. (769.01.h)	1.H.1.1.9 Describe each person’s contribution to the family. (778.01.i)	2.H.1.1.9 Identify how to choose a health product. (787.01.i)	3.H.1.1.9 Identify how health information, products, and services are made available. (796.01.i)	4.H.1.1.9 Determine factors involved in selecting and using health information, products, and services. (805.01.i)		6.H.1.1.9 Examine factors involved in selecting and using health information, products, and services. (823.01.i)	7-8.H.1.1.9 Examine environmental health and recognize how it relates to a healthy lifestyle. (832.01.i)	

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Standard 1: Healthy Lifestyles (continued)

Goals:	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7-8	Grade 9-12
Goal 1.1: Acquire the essential skills to lead a healthy life. <i>(continued from previous page)</i>	K.H.1.1.10Identify health products commonly used. (769.01.i)	1.H.1.1.10 Identify the use of health products. (778.01.j)	2.H.1.1.10 Describe the characteristics of a healthful environment. (787.01.j)	3.H.1.1.10 Identify the effects of pollution on the environment. (796.01.j)	4.H.1.1.10 Determine factors that influence the health of our environment. (805.01.j)		6.H.1.1.10 Describe environmental health issues and their relationships to a healthy lifestyle. (823.01.j)		
	K.H.1.1.11 Identify healthy environment. (769.01.j)	1.H.1.1.11 Describe pollution. (778.01.k)							

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Standard 2: Risk Taking Behavior

Goals:	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7-8	Grade 9-12
Goal 2.1: Demonstrate the ability to practice health-enhancing behaviors and reduce health risks.	K.H.2.1.1 Explain that germs are everywhere and are invisible. (770.01.a)	1.H.2.1.1 Recognize that germs cause disease. (779.01.a)	2.H.2.1.1 Recognize ways illness is spread. (788.01.a)	3.H.2.1.1 Recognize ways of limiting the spread of illness. (797.01.a)	4.H.2.1.1 Describe the healthy living habits that can reduce the risk of illness and injury. (806.01.a)	5.H.2.1.1 Evaluate healthy living habits that can reduce the risk of illness and injury. (815.01.a)	6.H.2.1.1 Identify risk factors for illness and injuries. (824.01.a)	7-8.H.2.1.1 Identify risk factors that lead to STDs and pregnancy. (833.01.a)	9-12.H.2.1.1 Assess the consequences of sexual activity (unplanned pregnancy, STDs, emotional distress). (842.01.a)
	K.H.2.1.2 Identify acceptable and unacceptable behavior. (770.01.b)	1.H.2.1.2 Explain the necessity for rules for acceptable and unacceptable behavior. (779.01.b)	2.H.2.1.2 Identify consequences for one’s own behavior. (788.01.b)	3.H.2.1.2 Identify how behavior affects physical, mental, and emotional health. (797.01.b)	4.H.2.1.2 Recognize how the actions of one person can affect the behavior of another. (806.01.b)	5.H.2.1.2 Describe behaviors/consequences of drug use. (815.01.b)	6.H.2.1.2 Examine and evaluate how the actions of one person affect the behaviors of others. (824.01.b)	7-8.H.2.1.2 Evaluate the impact of risky behavior on personal health. (833.01.b)	9-12.H.2.1.2 Assess the short and long-term consequences of tobacco, alcohol, and other drugs (use, misuse, abuse, dependency). (842.01.b)
	K.H.2.1.3 Discuss how to make a wise responsible choice. (770.01.c)	1.H.2.1.3 Determine how to make a responsible choice. (779.01.c)	2.H.2.1.3 Identify temptations, curiosity, peer influence, and harmful risk-taking. (788.01.c)	3.H.2.1.3 Demonstrate methods of dealing with temptations, curiosity, peer influence, and harmful risk-taking. (797.01.c)	4.H.2.1.3 Identify high-risk situations and behaviors that pose a risk to one’s self and others. (806.01.c)	5.H.2.1.3 Identify strategies for resisting substance abuse. (815.01.c)	6.H.2.1.3 Describe high-risk substance abuse situations and behaviors that pose a risk to one’s self and others. (824.01.c)	7-8.H.2.1.3 Identify the short-term effects and long-term consequences of substance abuse. (833.01.c)	9-12.H.2.1.3 Evaluate the impact of risky behaviors on personal and community health. (842.01.c)
		1.H.2.1.4 Discuss risky behaviors. (779.01.d)	2.H.2.1.4 Identify behaviors that put a person at risk. (788.01.d)	3.H.2.1.4 Identify risky behaviors present within family, friendships, and the community. (797.01.d)	4.H.2.1.4 Identify the impact of risky behaviors on personal and family health. (806.01.d)	5.H.2.1.4 Explain the impact of risky behaviors on personal and family health. (815.01.d)	6.H.2.1.4 Describe the impact of risky behaviors on personal and family health. (824.01.d)		9-12.H.2.1.4 Identify prevention strategies that address positive behaviors and their benefits.

Standard 3: Communication Skills for Healthy Relationships

Goals:	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7-8	Grade 9-12
Goal 3.1: Demonstrate the ability to use communication skills to enhance health.	K.H.3.1.1 Identify the ways a person expresses feelings and moods. (771.01.a)	1.H.3.1.1 Share positive ways to express feelings. (780.01.a)	2.H.3.1.1 Identify ways to show respect for self and others. (789.01.a)	3.H.3.1.1 Describe how behaviors are affected by others’ feelings. (798.01.a)	4.H.3.1.1 Identify the causes and effects of conflict in schools and families. (807.01.a)	5.H.3.1.1 Explain the causes and effects of conflict in schools and families. (816.01.a)	6.H.3.1.1 Describe the causes and effects of conflict in schools and families. (825.01.a)	7-8.H.3.1.1 Describe and explain the causes and effects of conflict in schools and families. (834.01.a)	9-12.H.3.1.1 Analyze the causes and effects of conflict in schools, families, workplaces, and communities. (843.01.a)
	K.H.3.1.2 Demonstrate appropriate ways to say no. (771.01.b)	1.H.3.1.2 Identify refusal and decision-making skills. (780.01.b)	2.H.3.1.2 Describe refusal and decision-making skills. (789.01.b)	3.H.3.1.2 Demonstrate refusal and decision-making skills. (798.01.b)	4.H.3.1.2 Demonstrate refusal and decision-making skills as they relate to substance use and abuse. (807.01.b)	5.H.3.1.2 Demonstrate refusal and decision-making skills that enhance personal relationships including substance use and abuse. (816.01.b)	6.H.3.1.2 Demonstrate refusal and decision-making skills that enhance personal relationships including substance use and abuse. (825.01.b)	7-8.H.3.1.2 Demonstrate communication skills that enhance personal relationships. (834.01.b)	9-12.H.3.1.2 Demonstrate and evaluate communication skills that enhance intra-personal and inter-personal health (coping skills, self-efficacy, affirmations, refusal skills, conflict resolution). (843.01.b)
	K.H.3.1.3 Identify “verbal” and “nonverbal” communication skills. (771.01.c)	1.H.3.1.3 Demonstrate communication skills. (780.01.c)	2.H.3.1.3 Demonstrate how to communicate with friends. (789.01.c)	3.H.3.1.3 Explain effective ways families, friends, and communities communicate. (798.01.c)	4.H.3.1.3 Identify interpersonal communication skills that can be used to build interactions between family, friends, and community. (807.01.c)	5.H.3.1.3 Describe how interpersonal communication skills can be used to build interactions between family, friends, and community. (816.01.c)	6.H.3.1.3 Explain interpersonal communication skills that can be used to build interactions between family, friends, and community. (825.01.c)		9-12.H.3.1.3 Relate how effective interpersonal communication skills can be used to build, maintain, and enhance interactions between family, peers, workplace, and society. (843.01.c)

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Standard 4: Consumer Health

Goals:	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7-8	Grade 9-12
Goal 4.1: Organize, analyze, and apply health information practices and services appropriate for individual needs.	K.H.4.1.1 Identify health products (soap, shampoo, toothpaste). (772.01.a)	1.H.4.1.1 Identify examples of health products. (781.01.a)	2.H.4.1.1 Identify age-appropriate health care items. (790.01.a)	3.H.4.1.1 Identify different types of health services. (799.01.a)	4.H.4.1.1 Identify reliable sources of personal health information, products, and services. (808.01.a)	5.H.4.1.1 Explain the validity of health information, products, and services. (817.01.a)	6.H.4.1.1 Evaluate the validity of health information, products, and services. (826.01.a)	7-8.H.4.1.1 Analyze the validity of health information, products, and services. (835.01.a)	9-12.H.4.1.1 Evaluate the validity of health information, products and services (advertising claims, quackery, fraudulence, health-related research). (844.01.a)
	K.H.4.1.2 Identify poison symbols (Mr. Yuck, skull, crossbones). (772.01.b)	1.H.4.1.2 Identify labels on health products. (781.01.b)	2.H.4.1.2 Identify the different components of a health product label. (790.01.b)	3.H.4.1.2 Describe the need to follow directions on product labels. (799.01.b)	4.H.4.1.2 Recognize how the media influences one’s thinking in relation to mental and emotional health, nutrition, and substance abuse. (808.01.b)	5.H.4.1.2 List ways the media influences one’s thinking in relation to mental and emotional health, nutrition, and substance abuse. (817.01.b)	6.H.4.1.2 Analyze how the media influences information about tobacco, alcohol, and drugs. (826.01.b)	7-8.H.4.1.2 Identify the available resources that provide health care services and information. (835.01.b)	9-12.H.4.1.2 Evaluate resources from home, school, library, and the community that provide valid health care information. (844.01.b)
	K.H.4.1.3 Identify health workers. (772.01.c)	1.H.4.1.3 Recognize roles of health workers in the school and community. (781.01.c)	2.H.4.1.3 Identify community health workers and their roles. (790.01.c)	3.H.4.1.3 Explore various health care careers. (799.01.c)	4.H.4.1.3 Identify the different community agencies that promote the health and well-being of personal environment. (808.01.c)	5.H.4.1.3 Describe community factors that promote wellness, safety, and disease prevention. (817.01.c)	6.H.4.1.3 Determine health resources available in personal community and state. (826.01.c)		9-12.H.4.1.3 Evaluate factors and situations that influence personal selection of health care products and services (when to seek treatment, when or what product to use). (844.01.c)
									9-12.H.4.1.4 Analyze the cost and accessibility of health care services. (844.01.d)

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Standard 5: Mental and Emotional Wellness

Goals:	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5	Grade 6	Grade 7-8	Grade 9-12
Goal 5.1: Understand and demonstrate the key components to positive mental and emotional health.	K.H.5.1.1 Identify feelings. (773.01.a)	1.H.5.1.1 Demonstrate feelings. (782.01.a)	2.H.5.1.1 Identify actions that relate to emotions. (791.01.a)	3.H.5.1.1 Describe appropriate actions in response to one’s own emotions. (800.01.a)	4.H.5.1.1 Recognize healthy ways to express personal emotions and feelings. (809.01.a)	5.H.5.1.1 Identify skills that positively control and express personal emotions and feelings. (818.01.a)	6.H.5.1.1 Analyze skills that positively express personal emotions and feelings. (827.01.a)	7-8.H.5.1.1 Identify mental and emotional disorders. (836.01.a)	9-12.H.5.1.1 Assess strategies for coping with and overcoming feelings of stress (rejection, social isolation, other forms of stress, burnout). (845.01.a)
	K.H.5.1.2 Identify that each person experiences different feelings and moods. (773.01.b)	1.H.5.1.2 Identify how each person is unique and worthwhile, both physically and emotionally. (782.01.b)	2.H.5.1.2 Recognize that people are unique and worthwhile, both physically and emotionally. (791.01.b)	3.H.5.1.2 Identify ways that people are unique and worthwhile, both physically and emotionally. (800.01.b)	4.H.5.1.2 Identify ways to maintain a healthy outlook in the presence of diseases and/or disabilities. (809.01.b)	5.H.5.1.2 Identify and practice effective strategies for stress management. (818.01.b)	6.H.5.1.2 Analyze the influence exercise has on relieving mental and emotional tension. (827.01.b)	7-8.H.5.1.2 Recognize the personal aspects of mental and emotional health. (836.01.b)	9-12.H.5.1.2 Identify methods for addressing mental and emotional concerns (depression, grief, eating disorders, suicide). (845.01.b)
	K.H.5.1.3 Explore the benefits of play. (773.01.c)	1.H.5.1.3 Describe physical activities one enjoys. (782.01.c)	2.H.5.1.3 Discuss benefits of exercise and how it can enhance mental and emotional health. (791.01.c)	3.H.5.1.3 Recognize the benefits of exercise and how it enhances mental and emotional health. (800.01.c)	4.H.5.1.3 Identify physical activities that promote fitness and the relief of mental and emotional tensions. (809.01.c)	5.H.5.1.3 Describe how recreational and leisure time activities promote physical fitness and relieve mental and emotional tensions. (818.01.c)	6.H.5.1.3 Identify skills necessary for stress management, decision-making, and managing conflicts. (827.01.c)	7-8.H.5.1.3 Identify stressors and techniques for stress management. (836.01.c)	
	K.H.5.1.4 Recognize trusted adults who can provide assistance. (773.01.d)	1.H.5.1.4 Recognize trusted adults who can provide assistance. (782.01.d)	2.H.5.1.4 Identify safe environments. (791.01.d)	3.H.5.1.4 Describe ways of keeping one’s self safe. (800.01.d)	4.H.5.1.4 Take responsibility for the safety of one’s self and others. (809.01.d)	5.H.5.1.4 Define emotional safety. (818.01.d)	6.H.5.1.4 Explore aspects of emotional safety. (827.01.d)	7-8.H.5.1.4 Demonstrate aspects of emotional safety. (836.01.d)	
				3.H.5.1.5 Recognize the impact of drug use. (800.01.e)	4.H.5.1.5 Identify ways to avoid negative social influences and pressures to use alcohol, tobacco, and other drugs. (809.01.e)	5.H.5.1.5 Identify behaviors that influence the use of alcohol, tobacco, and other drugs. (818.01.e)	6.H.5.1.5 Explore factors that influence the use of alcohol, tobacco, and drugs. (827.01.e)	7-8.H.5.1.5 Analyze factors that influence the use of alcohol, tobacco, and drugs. (836.01.e)	